

Mindfulness Mondays presents: A Traditional Tea Ceremony

In collaboration with Sinofilia of Boonton, NJ, we are proud to present a traditional Chinese tea ceremony. It will be a symbolic ceremony of *tranquility, healing, and peace*. Take some time to slow down and enjoy some tea with us.

March 7th 5:00-6:00pm



Zoom Link:

<https://us06web.zoom.us/j/82289501943?pwd=NfZ6T1VNblBUQzh5bkl4RElWTnRMUT09>

Meeting ID: 822 8950 1943

Passcode: 984708

Dial In: +1 929 205 6099

**Email Istypulkoski@mhainspire.org
for any questions**

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex and Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMHSA grant.

